

WOMAN AND SPORTS

CBSE Class 12 Physical Education
Unit- 5 (Part-2)

Topics of Unit : 5

- Sports participation of Women in India
- Special consideration (Menarche, Menstrual, Dysfunction)
- Female Athletes Triad (Osteoporosis & Amenorrhoea & Eating Disorders)
- Psychological Aspects of Women Athlete
- Sociological Aspects of Sports Participation



5.1 Sports participation of Women in India

For women's participation in sports we have a look at ancient period. Regarding participation in the first modern Olympic (1896 Athens), there was no participation of women.

- Women participated first time in 1900 Olympics. (22 women participated in)
- And after 100 years in 2000 Sydney Olympics 4069 women had participated.
- In 2008 Beijing Olympics 4637 women participated.

Participation in India

-- In 2000 Karnam Malleshwari was the first woman who won bronze medal in Sydney Olympic from India.



-- In 1984 performance of P.T. Usha was very good in Athletics.



-- In 2012 london olympics Saina Nehwal and M.C. Maricom got bronze medal.



In 2016, Rio Olympics, Sakshi Malik won bronze medal, P.V. Sandhu won silver medal where as Deepa Karmakar opened new dimesions in gymanastics.



Over the past several decades the participation of women in sports in sports field has increased tremendously. But really, it is a matter of regret for all of us to know that sports is such a field where gender inequality is strongly evident. The general social environment has not only inhibited women from participation in sports but has also criticised them when they participate. Many people comment for women “Why don’t they stay in the kitchen where they belong”? But now time has changed. Women are capable of changing society. Now the ideology suggests that women are participating in every sphere of life and proving themselves globally.

Reasons for the low rate of sports participation by women in India

1. Gender equity & social attitude
 - a. No parental encouragement
 - b. Traditional society
 - c. Less motivation and inspiration
 - d. Women constraining other women
2. Lack of plans and initiatives for sports women by the Government
 - a. Male dominant culture
 - b. Less availability of women coaches
 - c. No independent games facilities for women
 - d. More emphasis on study
 - e. Less competition
3. Economic Factors
4. Social Customs and Rights
5. Low Health Consciousness
6. Stress on Academics
7. Media Coverage
8. Lack of Incentives & Career

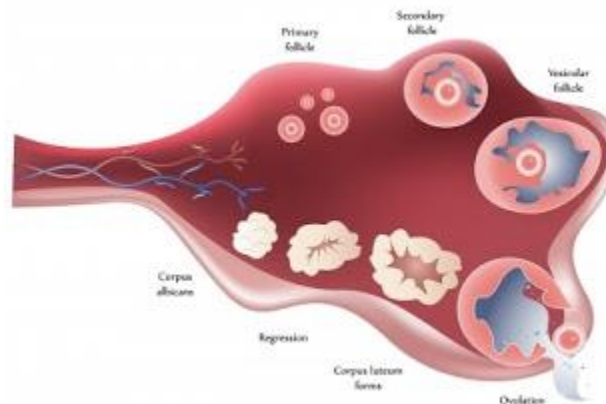
5.2 Special consideration

Menarche is the first menstrual bleeding of the young girl (9-16 yrs.)

Reproductive Phases of Human Life



Menstrual dysfunction is a disorder or irregular menstrual cycle in women. It can also be defined as “An abnormal bleeding during the menstrual cycle”.



Factors/related problems :

1. Absence of menstrual periods :- This problem may be due to eating disorder, excessive exercise schedule, extreme level of stress and medications etc.
2. Premenstrual syndrome :- Many girls may have symptoms such as acne, backaches, Sore breasts, headaches, constipation, depression, irritability and feeling anxious etc. These symptoms may be faced by female before their menstruation.

3. **Abnormal Cramps** :- These cramps are caused by a chemical in the body that makes the muscles in the uterus contract.
4. **Heavy or prolonged period** :- It is common for a girl's menstrual period to be heavier on some days than others.
5. **Irregular menstrual period** :- The regular menstrual cycle for a female is 28 days. However, it may vary from 21 to 35 days.
6. **Delay in the first menstrual period.**

5.3 Female athlete triad

Female athlete triad is a syndrome in which eating disorders, osteoporosis and amenorrhea, eating disorders effect adversely on the body.

1. **Osteoporosis** is a skeletal disorder in which reduction in bone mass may cause fracture.



Causes

- a. Insufficient calcium in diet.
- b. Eating disorder
- c. Bad eating habits

2. Amenorrhea

Amenorrhea refers to the absence of menstrual periods. It may be either primary (meaning woman has never developed menstrual periods) or secondary (absence of

menstrual periods in a woman who was previously menstruating).



There are many reasons responsible for amenorrhea including extensive exercise and improper diet.

Exercising intensively and not consuming enough calories can lead to decreases in hormones that result in a girl's periods becoming irregular or stopping altogether.

Amenorrhoea:- Absence of menstrual period for more than 6 months.

3. Eating disorders

a. Anorexia nervosa

In this eating disorder the female athlete only think about food, dieting, and body weight all the time. They have distorted body structure. Other individuals usually feel them that are



becoming thin but they do not believe this. In front of the mirror they see themselves obese.



b. Bulimia nervosa

In this eating disorder the female eats excessive amount of food and then vomits it in order

not to gain weight. In this disorder, an individual binges on food and feels a loss of control.

Then to prevent weight gain try to vomit the food.



5.4 Psychological aspects of women athlete

1. More goal oriented
2. Psychological stronger
3. Less aggressive
4. Fast adaptation
5. Image conscious
6. Poise & confidence

5.5 Sociological aspects of women athlete

1. Family - Family is a very significant social factor, which is generally responsible for early sports socialization. The socializing process at home for both sex is different. Males usually get more support and encouragement to get involved in sports activities. They are further provided with more facilities to encourage and support participation in sports and games.

However female usually are not encouraged to get involved in sports activities.



2. School - The culture of sports is generated in schools and reputation of school is dependent on the success of male and females as sports personalities. Lots of schools do not have girl teams as male teams (soccer/ wrestling/boxing etc/) They do not have proper arrangements for coaches and sports facilities for females.



5. Religious faith discourages woman participation in sports



6. Illiteracy in society

7. Biological inferiority

8. Male dominance

9. Lesser concentration to develop woman sports equipment & facilities

10. Less competitive spectators for woman sports